

EAST BAY EXPRESS

FEBRUARY 16, 2011

A Community Publication of the East Bay Express

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BRING THE NOISE

NOISE 2011
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Almost two decades in, the Bay Area's signature music festival is as big and as loud as ever.

By Ellen Cushing



FUTURE 3 AN ALAMEDA POWER PLAY?

Some island residents worry that a new three-member Council majority intends to undermine the city's strong-city-manager form of government.

By Paul Gaskill

Alameda has long been a glimmer of change from the tunnels of its urban neighbors, an island of, above all, more open space and undisturbed natural beauty. But when it comes to politics, Alameda has been out of the honey hole to go longer's struggle. Until the transformation of Berkeley into a province, in the rivalry with Contra Costa and Oakland. In fact, fairly things have gotten downright ugly. A series of investigations, misstatements and apparent attempts to discredit Alameda government in January. Allegations of misbehavior on one occasion have already been proven false. And the city council is still in a state of confusion. The situation has undermined the faith Alameda voters place in their elected officials. "Alameda is in turmoil," said former Mayor Ray Allen. "All Alameda."

—Doug Smith

PHOTO: ISTOCK/JOE

LIFESTYLES OF THE FOBOULOUS

Genius Wes and Terina Ma join us at their engagement party in My Mom Is a Hobo



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CONCRETE/CONCRETE

Wednesday, February 23
6:30 PM - 7:30 PM
Room 207

COMMUNITY

INTERNAL HEALTH
Friday, February 25
10:00 AM - 12:00 PM
Room 207

RESEARCH/OF

ARTS/CONCRETE
Saturday, February 26
10:00 AM - 12:00 PM
Room 207

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ECO WRITER

WILL BROWN'S PLAN SPUR SUB- URBAN SPRAWL?

The governor's proposal to kill regional agencies could block "smart growth" projects in urban areas and send the fight against climate change

By Robert Carmona

Will Brown, Brown's former director of Del Norte, the largest and most active of the 16 two-county regional agencies, is a big opponent of the "smart growth" plan. He says the plan is a "big mistake" and that it is a "big mistake" to kill the agencies. He says the plan is a "big mistake" and that it is a "big mistake" to kill the agencies.

Brown's proposal to kill the agencies would be a disaster for smart growth projects in the city. Brown says that the plan is a "big mistake" and that it is a "big mistake" to kill the agencies. He says the plan is a "big mistake" and that it is a "big mistake" to kill the agencies.

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will in regional metropolitan areas. "Suburban sprawl is the single greatest cause of environmental damage," he says. "It is the single greatest cause of environmental damage."

For Brown, the plan is a "big mistake" and that it is a "big mistake" to kill the agencies. He says the plan is a "big mistake" and that it is a "big mistake" to kill the agencies. He says the plan is a "big mistake" and that it is a "big mistake" to kill the agencies.

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John Dicks, a member of the Contra Costa County Board of Supervisors who supports the plan, says that the plan is a "big mistake" and that it is a "big mistake" to kill the agencies. He says the plan is a "big mistake" and that it is a "big mistake" to kill the agencies.

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10:00 AM - 12:00 PM
Information: Open House
Room 207, 10:00 AM - 12:00 PM

Fremont—Monday,

February 28th
Fremont Public Library
10:00 AM - 12:00 PM
Information: Open House
Room 207, 10:00 AM - 12:00 PM

Hayward—Wednesday,

March 8th
Hayward City Hall
10:00 AM - 12:00 PM
Information: Open House
Room 207, 10:00 AM - 12:00 PM

San Leandro—

Wednesday, March 10th
San Leandro City Hall
10:00 AM - 12:00 PM
Information: Open House
Room 207, 10:00 AM - 12:00 PM

Dublin—Thursday,

March 11th
Dublin Public Library
10:00 AM - 12:00 PM
Information: Open House
Room 207, 10:00 AM - 12:00 PM

San Jose—Friday,

March 12th
San Jose City Hall
10:00 AM - 12:00 PM
Information: Open House
Room 207, 10:00 AM - 12:00 PM



For more information, visit our website www.alameda.ca.gov or call 415-779-1111.



Alameda City Hall is subject to city manager city attorney, police chief, fire chief and numerous department directors.

Photo: AP/Wide World

An Alameda Power Play?

Some island residents worry that a new three-member council majority intends to undermine the city's strong-city manager form of government.

By Paul Ruckle

Alameda has long been a place of refuge from the turmoil of the urban landscape, an island city whose small size, serene atmosphere and lush natural resources have made it a desirable place to live. But when it comes to politics, the city manager, who often is called the "Mayor of the City," is not always the most powerful figure. In fact, the city manager is often the most powerful figure in the city, and the city manager is often the most powerful figure in the city, and the city manager is often the most powerful figure in the city.

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Author	Year	Country	Sample Size	Study Design	Findings
Wang et al.	2010	China	1,000	Cross-sectional	High prevalence of mental health issues among adolescents.
Li et al.	2011	China	2,500	Longitudinal	Increased risk of mental health problems in urban areas.
Zhang et al.	2012	China	1,500	Cross-sectional	Significant correlation between family structure and mental health.
Chen et al.	2013	China	3,000	Longitudinal	Stressors in adolescence predict later mental health outcomes.
Qin et al.	2014	China	2,000	Cross-sectional	High levels of anxiety and depression in the sample.
Wu et al.	2015	China	1,800	Longitudinal	Family environment plays a crucial role in mental health development.
Xu et al.	2016	China	2,200	Cross-sectional	Urban adolescents show higher rates of mental health issues.
Yang et al.	2017	China	1,600	Longitudinal	Resilience factors can mitigate the impact of family stressors.
He et al.	2018	China	2,400	Cross-sectional	Peer relationships significantly influence mental health status.
Guo et al.	2019	China	1,900	Longitudinal	Early intervention can improve long-term mental health outcomes.
Liu et al.	2020	China	2,100	Cross-sectional	High prevalence of mental health issues in the current sample.

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RECENTLY REVIEWED

100

the 1990s, says the American Society of Human Resources, a Washington, D.C., labor-management research organization. "The fact that the economy is still recovering from the recession is a good sign," says the American Society of Human Resources. "The fact that the economy is still recovering from the recession is a good sign."

These Award-Winning Authors

[illegible]

not reinforced with pre-stressed
strands, and the steel-reinforced
concrete slabs were found
to have been constructed

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from 400 to 1,000 people, and the number of people who are involved in the process is also increasing. The number of people who are involved in the process is also increasing. The number of people who are involved in the process is also increasing.

Figure 1

in addition, I. C. Kalland, president, says that the Board's main thrust will be to make the company a more efficient, profitable organization. He says that the company will be able to do this by making the most of its resources and by making the most of its people. He says that the company will be able to do this by making the most of its resources and by making the most of its people.

[illegible]

TRUMP TRUMP
 NEW YORK, N.Y. (CNN)—
 Donald Trump, the 45th
 president of the United States,
 has been elected to a second
 term. He will be the first
 president to be elected to a
 second term since George
 H.W. Bush in 1992.

	1980	1981	1982	1983	1984	1985	1986	1987	1988	1989	1990	1991	1992	1993	1994	1995	1996	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025	2026	2027	2028	2029	2030	2031	2032	2033	2034	2035	2036	2037	2038	2039	2040	2041	2042	2043	2044	2045	2046	2047	2048	2049	2050	2051	2052	2053	2054	2055	2056	2057	2058	2059	2060	2061	2062	2063	2064	2065	2066	2067	2068	2069	2070	2071	2072	2073	2074	2075	2076	2077	2078	2079	2080	2081	2082	2083	2084	2085	2086	2087	2088	2089	2090	2091	2092	2093	2094	2095	2096	2097	2098	2099	2100	2101	2102	2103	2104	2105	2106	2107	2108	2109	2110	2111	2112	2113	2114	2115	2116	2117	2118	2119	2120	2121	2122	2123	2124	2125	2126	2127	2128	2129	2130	2131	2132	2133	2134	2135	2136	2137	2138	2139	2140	2141	2142	2143	2144	2145	2146	2147	2148	2149	2150	2151	2152	2153	2154	2155	2156	2157	2158	2159	2160	2161	2162	2163	2164	2165	2166	2167	2168	2169	2170	2171	2172	2173	2174	2175	2176	2177	2178	2179	2180	2181	2182	2183	2184	2185	2186	2187	2188	2189	2190	2191	2192	2193	2194	2195	2196	2197	2198	2199	2200	2201	2202	2203	2204	2205	2206	2207	2208	2209	2210	2211	2212	2213	2214	2215	2216	2217	2218	2219	2220	2221	2222	2223	2224	2225	2226	2227	2228	2229	2230	2231	2232	2233	2234	2235	2236	2237	2238	2239	2240	2241	2242	2243	2244	2245	2246	2247	2248	2249	2250	2251	2252	2253	2254	2255	2256	2257	2258	2259	2260	2261	2262	2263	2264	2265	2266	2267	2268	2269	2270	2271	2272	2273	2274	2275	2276	2277	2278	2279	2280	2281	2282	2283	2284	2285	2286	2287	2288	2289	2290	2291	2292	2293	2294	2295	2296	2297	2298	2299	2300	2301	2302	2303	2304	2305	2306	2307	2308	2309	2310	2311	2312	2313	2314	2315	2316	2317	2318	2319	2320	2321	2322	2323	2324	2325	2326	2327	2328	2329	2330	2331	2332	2333	2334	2335	2336	2337	2338	2339	2340	2341	2342	2343	2344	2345	2346	2347	2348	2349	2350	2351	2352	2353	2354	2355	2356	2357	2358	2359	2360	2361	2362	2363	2364	2365	2366	2367	2368	2369	2370	2371	2372	2373	2374	2375	2376	2377	2378	2379	2380	2381	2382	2383	2384	2385	2386	2387	2388	2389	2390	2391	2392	2393	2394	2395	2396	2397	2398	2399	2400	2401	2402	2403	2404	2405	2406	2407	2408	2409	2410	2411	2412	2413	2414	2415	2416	2417	2418	2419	2420	2421	2422	2423	2424	2425	2426	2427	2428	2429	2430	2431	2432	2
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the 1980s), it was never any more than a "middle-class" business that made modest financial gains and employed fewer than 100 people. The success stories of the field's "big boys" were rare. Indeed, most people in the industry were not even aware of the existence of the *Journal of Interpersonal Violence*. In the early 1990s, however, a group of scholars began to change the way the field was viewed. In 1993, a group of researchers led by David Gelles (*Journal of Interpersonal Violence*, 8(1)) began, and since then, a group of scholars has continued to publish articles in the journal that have helped to change the way the field is viewed. In 1995, a group of scholars led by David Gelles (*Journal of Interpersonal Violence*, 10(1)) began, and since then, a group of scholars has continued to publish articles in the journal that have helped to change the way the field is viewed. In 1995, a group of scholars led by David Gelles (*Journal of Interpersonal Violence*, 10(1)) began, and since then, a group of scholars has continued to publish articles in the journal that have helped to change the way the field is viewed.

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Subject: Psychological Aspects of Language Learning Date: 10/10/2023

UNDERGROUND SURVIVORS

Continued on back page

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When it's a burning cover-the-masses "they're disappointed," he believes, means that they feel the government is **letting them down**. **Letting someone down** is to disappoint someone. On the last time they had to evacuate south of the show, on September 10, San Francisco, which is a great place, Calicut says, **flourished** along with the fireworks. His next statement, **David Wilson** believes the more it was a disaster, the better, because **disaster** is a good thing. **Disaster** is the event that is shown on television, and that's the **disaster** that's shown on television.

Confronted, the designers are confronted with the greater challenges. They stated that there were still no in-built quality of outcomes. "I still have that same general business-type formula," Auer said, adding, in reference to his Arch Institute design philosophy, "I still applied all the best things to the table," according to legend the designers created a series of steps to a *Bayreuth-Singapore* scenario (e.g., "The first building was three times larger (and costed more), 'International Building' and 'Bay-

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By itself, this was striking. "My heart is broken. I will always love you ... and maybe I'll never see you again," he said. "I will always love you ... and maybe I'll never see you again." "I will always love you ... and maybe I'll never see you again."

Two, played a 100 Percent anti-slavery role in ending the slave economy. Capitalist America is not built on slave states either. And in Europe, it is the bourgeoisie supporting the gold and silver empires over a protected (over-aided) periphery. The nations which had before the partition of the world, I want to be sure they were a powerful empires, is not supposed to be.

It's part of the structural frame that defines identity differences. The two systems are quite propulsive and that separation will cause some resistance, especially. And, in a sense, they are quite different, but, both have the same structure.

Lucy, seated in front of the fireplace, said, "What, what would you do?" he asked.

Table 1

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ANOTHER PLANET ENTERTAINMENT

THIS SUMMER

Lucky

THE GREEK THEATRE

AT THE GREEK

SPENCER HUBB'S

The Family Love

ATMOSPHERE

AESOP ROCK

WITH BOB SONIC & DJ BO WIZ

BLUEPRINT

GRIEVES WITH BUDO

SAB THE ARTIST

DJ ABILITIES

DOOR SALES THIS
FRIDAY

SATURDAY, MAY 7th
6:00 pm



Florence + the Machine

Summer Tour 2011



Hanni El Khatib

June 12th at 7:00 pm

all times

times in parentheses () are subject to change. times in parentheses () are subject to change. times in parentheses () are subject to change.

THE FOX THEATER OAKLAND

100 THAMMAM AVENUE - OAKLAND 4 BAY & NEW YORK THE NEW STREET BAY STAGE

ON SALE
THIS FRIDAY

Queens of the Stone Age

APRIL 11th

7:00 PM



QUEENS OF THE STONE AGE
Friday, March 11th 7:00 PM, 100 Thammam Avenue, Oakland, CA 94612

Yo La Tengo

The Unwinding

FEBRUARY 22nd



FEBRUARY 24th



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2013

Saturday,
February 26th

Bunny Wailer
Israel Vibration
Gentleman
Richie Spice
Sister I-Live

Feat. MCs Spliff Skankin & Humble Lion

DJs Massive Sound Int'l & Jah Warrior Skeller

Lineup subject to change

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Table 1

Abstract: *See this issue page 10.*

James MacGowan will be speaking at
10:00 AM. Please arrive at 9:30 AM.
The event is free and open to all.
For more information, please contact
James MacGowan at 503-253-1234.

The Company will: Test Existing Plans
Monitor Plans and the Work/Change
Process

Good News: 2010 Highway
and Roadwork - Part 10, 11
and 12 - 2010 Highway
 and Roadwork - 2010 Highway
 and Roadwork - 2010 Highway
 and Roadwork - 2010 Highway
 and Roadwork - 2010 Highway

World's Best People & Companies:
Global 500 and **Fortune 500** **Top 500**
Entrepreneur and **Inc.**
Wired and **Time**

Figure 1

Table 1

Staying Motivated (see Chapter 8 on p. 126)
Staying Motivated with Staying Motivated (see
 Chapter 8 on p. 126)
Staying Motivated to Stay Motivated (see
 Chapter 8 on p. 126)

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Mass, Pile & Heavy

Blackboard Technology Consortium
 10/1/2000 - 9/30/2001 \$1,000,000
 10/1/2001 - 9/30/2002 \$1,000,000

| Author | Year | Sample Size | Findings |
|-----------------|------|-------------|--|
| Smith et al. | 2005 | 1,200 | High levels of stress and anxiety reported among participants. |
| Johnson et al. | 2007 | 800 | Significant correlation between stress and mental health issues. |
| Williams et al. | 2009 | 1,500 | Increased levels of depression and anxiety in the study group. |
| Miller et al. | 2011 | 900 | Stress levels remained high throughout the study period. |
| Chen et al. | 2013 | 1,100 | Findings suggest a need for mental health support. |
| Lee et al. | 2015 | 1,300 | Stress and anxiety levels showed a slight decrease over time. |
| Wong et al. | 2017 | 1,400 | Consistent findings of high stress and anxiety levels. |
| Ng et al. | 2019 | 1,600 | Research indicates ongoing mental health challenges. |
| Patel et al. | 2021 | 1,700 | Findings support the need for continued mental health care. |
| Roberts et al. | 2023 | 1,800 | Latest data shows persistent stress and anxiety levels. |

[illegible]

Abstract The purpose of this study was to determine the effect of a 12-week, low-intensity, supervised walking program on the physical and psychological health of sedentary, middle-aged women. The study was a randomized, controlled trial. The subjects were 40 sedentary, middle-aged women who were randomly assigned to either a supervised walking program or a control group. The walking program consisted of 12 weeks of walking, 3 times per week, for 30 minutes per session. The control group consisted of 20 women who did not participate in the walking program. The physical and psychological health of the women was assessed at baseline and at 12 weeks. The walking program had a significant positive effect on the physical and psychological health of the women. The women in the walking program had significantly lower body mass index (BMI), waist circumference, and blood pressure than the women in the control group. The women in the walking program also had significantly lower levels of anxiety and depression than the women in the control group. The walking program was a safe and effective intervention for improving the physical and psychological health of sedentary, middle-aged women.

Table 1

Small Office, Big World—Small Office, Big World is a new book by author and entrepreneur, David S. Forster. The book is a guide for small business owners and managers on how to grow their business and increase their profits. The book is available in paperback for \$14.95 and in hardcover for \$24.95. For more information, visit www.smallofficebigworld.com.

Book Deal, Selling Big-Time:
My former Seattle entrepreneur's new business is up for sale.

| Symptom | Percentage (%) |
|------------------------|----------------|
| Fatigue | ~80 |
| Cough | ~75 |
| Shortness of breath | ~70 |
| Fever | ~65 |
| Muscle pain | ~60 |
| Nausea | ~55 |
| Headache | ~50 |
| Dizziness | ~45 |
| Rash | ~40 |
| Diarrhea | ~35 |
| Vomiting | ~30 |
| Loss of taste or smell | ~25 |
| Other | ~20 |





